



RURAL DISTRICT COUNCIL

OF

TREGARON
CARDIGANSHIRE.

PUBLIC HEALTH DEPARTMENT

ANNUAL REPORT

1953

MEDICAL OFFICER OF HEALTH:

I. Morgan Watkin, Ph.D. (Lond.); M.Sc., M.B.,
B.Ch., D.P.H. (Wales).

SANITARY INSPECTOR AND SURVEYOR:

R. E. Pritchard, M.R.S.I., M.S.I.A.

To the Chairman and Members of the
Tregaron Rural District Council.

It gives me pleasure to present to you the Annual Report of the Health Department for the year ended December 31st, 1953.

During the year eighty persons died, fourteen more than in 1952, but twenty fewer than in 1951. Heart disease still continues to account for the greatest number of deaths and cancer accounts for the second largest number. This is a feature common to the United Kingdom as a whole.

Not a single case of infectious disease other than tuberculosis was notified during the year. This contrasts markedly with 1952 when seventy cases were notified.

There was also a fall in the notifications of tuberculosis from six in 1952, to four in 1953. If this trend continues one will be able to present the Council in the near future with an absolutely clean bill of health in the realm of infectious diseases.

A more detailed commentary upon various aspects of public health is given in the ensuing pages. The Report of the Sanitary Inspector is appended as a separate item.

SUMMARY OF GENERAL AND VITAL STATISTICS.

Area (in acres)	121,546
Population (Census 1931).	6,214
Population (Mid-year 1952)	5,215
" (" " 1953)	5,174
Number of inhabited houses (Census 1931).	1,707
Rateable value (at April 1st, 1953)	£8,320
Sum represented by a penny rate	£32

	<u>Total</u>	<u>Male</u>	<u>Female</u>
Number of registered live births (Legitimate	57	33	24
(Illegitimate	1	1	-
Number of registered still births (Legitimate	-	-	-
(Illegitimate	-	-	-
Number of registered deaths	80	38	42
Number of deaths of women ascribed to childbirth	-	-	-
Number of deaths of infants under 1 year (Legitimate	4	3	1
(Illegitimate	-	-	-
Number of deaths of infants under 1 month (Legitimate	3	3	-
(Illegitimate	-	-	-

GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

These provisions are essentially the same as in the year 1952. They are briefly as follows:-

- (a) No ante-natal or post-natal clinic is held in the district by the local health authority. Expectant and nursing mothers receive medical advice from their own medical attendants.
- (b) An infant welfare clinic attended by a medical officer of the local health authority is held at Tregaron once a fortnight.
- (c) The domiciliary midwifery service is carried out by the district nurse who is also a State Registered Midwife.
- (d) A health visitor is resident at Pont Llanio and her area covers the greater part of the Rural District.
- (e) Home nursing is in the hands of the district nurse.
- (f) Vaccination is carried out by the person's own medical attendant but immunisation against diphtheria is performed partly by the former and partly by medical officers of the local health authority.
- (g) No ambulance is, at present, stationed at Tregaron. The district is covered by the Aberystwyth and Lampeter stations of the Ambulance Service.
- (h) Arrangements for the prevention of illness consist in periodic talks and advice given by medical officers and the health visitor of the local health authority. Care and after-care are in the hands of the district nurse and of the health visitor. Tuberculosis cases are also followed up by the Chest Physician's health visitor.
- (i) Domestic help is provided by suitable persons engaged locally.
- (j) The town of Aberystwyth, 18 miles distant from the town of Tregaron is the centre upon which the principal general hospital in the county, the infectious diseases' hospital, the maternity home and the Medical Research Council's Area Public Health Laboratory are based.

Registrar General's

Number of deaths

Code Number

Causes of Death

Male Female Total

1	Tuberculosis, respiratory	1	-	1
10	Malignant neoplasm, stomach	-	1	1
11	Malignant neoplasm, lung, bronchus	2	-	2
14	Other Malignant & lymphatic neoplasms	4	1	5
15	Leukaemia, aleukaemia	-	2	2
17	Vascular lesions of nervous system	1	5	6
18	Coronary disease, angina	5	3	8
19	Hypertension with heart disease	-	1	1
20	Other heart disease	14	14	28
22	Influenza	1	-	1
23	Pneumonia	1	-	1
24	Bronchitis	2	2	4
25	Other diseases of respiratory system	-	1	1
26	Ulcer of stomach and duodenum	-	1	1
27	Gastritis, enteritis and diarrhoea	-	1	1
32	Other defined and ill-defined diseases	5	3	8
33	Motor vehicle accidents	2	4	6
34	All other accidents	-	2	2
35	Suicide	-	1	1

Total

38

42

80



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INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year.

Cholera	NIL
Diphtheria	NIL
Dysentery (amoebic and bacillary) ..	NIL
Encephalitis	NIL
Erysipelas	NIL
Food poisoning ..	NIL
Malaria	NIL
Measles	NIL
Meningococcal meningitis .	NIL
Ophthalmia neonatorum	NIL
Paratyphoid fever	NIL
Plague	NIL
Pneumonia (acute primary and acute influenzal)	NIL
Poliomyelitis .	NIL
Puerperal Pyrexia	NIL
Relapsing fever	NIL
Scarlet fever	NIL
Smallpox	NIL
Typhoid fever ..	NIL
Typhus fever	NIL
Whooping cough ..	NIL

TUBERCULOSIS

During the year four new cases of tuberculosis were notified. All were of the pulmonary type. The sex and age distribution are as follows:-

	0-4		5-9		10-14		15-19		20-24		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 +	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Pulmonary									1	2					1											
Non-Pulmonary																										

NATIONAL ASSISTANCE ACT, 1948,

SECTION 47.

Although several persons were kept under observation, it did not become necessary to apply for the compulsory removal to hospital or to a Welfare Home of any person.

The lady from Tregaron in respect of whom Orders had to be obtained in 1951 and 1952 is now able to care for herself reasonably well in her own home.

The gentleman kept under observation near Llangeitho consented to be looked after by a neighbour where he is now quite happy.

WATER SUPPLIES

A number of applications for consent to use water for domestic purposes under the Ministry of Agriculture's grant-aided water schemes was considered. Where the bacteriological results were unsatisfactory, suitable remedial measures were suggested and the results of further tests asked for before consent could be recommended.

Complaints were received from several localities regarding a shortage of water. In view of the difficulties experienced in finding suitable sources of water for many hamlets it is to be hoped that the Teifi Lakes scheme whose progress during the last eight years can hardly be described as spectacular, will, in the near future, bring the much-needed water to the homes of the people.

SEWAGE DISPOSAL

There is no township or village in the Council's area whose sewage is disposed of by modern methods. The main sewer for localities close to a river is the river itself. As many of the streams in the Council's area eventually join the river Teifi this river has become grossly polluted from near its source to its mouth. As it is very doubtful whether the present methods conform with the recommendations of the Royal Commission on Sewage Disposal, especially in summer time, the Council will, in due course, have to consider providing proper sewage disposal plants in all its larger villages.

GENERAL

The Council will be glad to learn that the vital statistics show that the health of the community in general continues to be good.

I. MORGAN WATKIN

MEDICAL OFFICER OF HEALTH.

Cardiganshire Joint District Councils,
Swyddfa'r Sir,
ABERYSTWYTH.
May, 1954.

ANNUAL REPORT OF THE SANITARY INSPECTOR.

HOUSING:

The Council's Housing Programme was progressing satisfactorily. At the end of the year the position was as follows:-

PONTRHYDFENDIGAID: 14 houses completed and 8 nearing completion.

TREGARON: 12 houses completed on the Maesyrwel Housing Estate.

PONTRHYDYGROES: 1 house completed and 9 under construction.

LLWYNYGROES: 6 houses under construction.

(1) In August the Council submitted tenders to the Ministry for the erection of houses at the following places:-

Tregaron	10
Llanddewi Brefi	8
Llangeitho	6.

(2) HOUSING ACT, 1949: Three property owners only took advantage of the above Act. The condition laid down in the Act together with the delay has caused several people who have shown a desire to improve their property to modify their schemes or to postpone the work.

(3) HILL FARMING ACT: Many farmers are taking advantage of this Act to modernise the farmhouses. The installation of a piped water supply, bathrooms, drainage and also general repairs and improvements has greatly improved farm houses.

(4) HOUSING REPAIRS (GENERAL): A constant attempt is being made to persuade owners to repair and improve old houses. Several have installed a water supply, bathrooms and drainage. The task is made more difficult because of the shortage of craftsmen to carry out the work.

SEWERAGE: No new sewerage schemes have been carried out during the year. All the larger villages have a drainage of a kind but much remains to be done.

Estimates of schemes for all the main villages have been submitted to the County Council.

REFUSE DISPOSAL: Collection, carried out by a Contractor, is made weekly at Tregaron and Pontrhydfendigaid, and fortnightly at the following villages:- Llanddewi Brefi, Pontrhydygroes, Ysbyty Ystwyth, Ffair Rhos, Ystrad Meurig, Tyngraig, Swyddifynnon, Lledrod, Bronant, Tynreithyn and Llangeitho.

The question of refuse disposal is reviewed each year, and if it is found necessary, new hamlets or small groups of houses and even individual houses are added to the list.

During the year arrangements were made for the collection of refuse at the following places:- Blaenpennal, Penuwch, Dolbwba, Capel Betws, Llwynygroes and Llanio.

The service, which is done by contract, has functioned efficiently.

During the year arrangements were made to close down the refuse tip at Penrallt and commence a new tip on Tyndomen land.

DISINFESTATION AND DISINFECTION: During the year it was not found necessary to carry out any disinfection.

Disinfection was carried out in 10 houses.

COMPLAINTS: Nine complaints were received during the year. Complaints are still being received re. the Mill Leat at Llanddewi Brefi. The Council are still negotiating with the owner with the object of closing the leat.

The complaint received regarding the condition of an open drain at Ysbyty Ystwyth has been abated. The open drain has been piped and the ditch filled in.

WATER SUPPLY: Pontrhydfendigaid. - During the year a new pump and small electrical driven motor were installed. Power is provided by the South Wales Electricity Board.

Tyngraig. - This water scheme has been completed. The work was done mainly by direct labour.

Nant-y-Berws. - This small water scheme was also completed during the year. The work being carried out by direct labour.

Ffair Rhos Water Scheme. - This scheme carried out by Messrs. Thomas & George, Llechryd, has almost been completed.

Tregaron Supplementary Source: Approximately 60% of the work has been carried out.

Pencefn Springs: When the above supplementary source is brought into operation the springs at Pencefn should be reopened and the laid drains etc. relaid. This will not only improve the quality of the water, but also, I believe, increase the quantity.

FARMS-GRANT AIDED SCHEMES: Several applications were received during the year for permission to connect farm supplies to farm houses. In each case three consecutive satisfactory results had to be submitted before permission was granted. All doubtful and unsatisfactory results were forwarded to the Medical Officer of Health for his guidance.

Bacteriological analysis of the water from the larger water schemes have proved reasonably satisfactory. When unsatisfactory results were obtained, investigations were made and field work carried out.

FOOD AND DRUGS ACT, 1938: No new premises were added to the list under Section 14 of the Act for the sale of Ice Cream. There are no premises on which Ice Cream is manufactured. All Ice Cream brought into the area by wholesalers is prepacked.

CAFES, RESTAURANTS, HOTELS: The number of hotels, cafes, etc., in the area is very small, and inspection is carried out periodically. Improvements have been carried out in two of the hotels and I am now pressing for further improvements at two more hotels. (Cross Inn, Ffair Rhos and Railway Hotel, Tregaron.)

SHOPS: Visits are made to all food shops and their storerooms. Improvement has been asked for in the storeroom of one shop.

Food vehicles plying in the area are also subject to inspection but the number is very small and no complaint was made. A small quantity of tinned food stuffs and bacon was condemned.

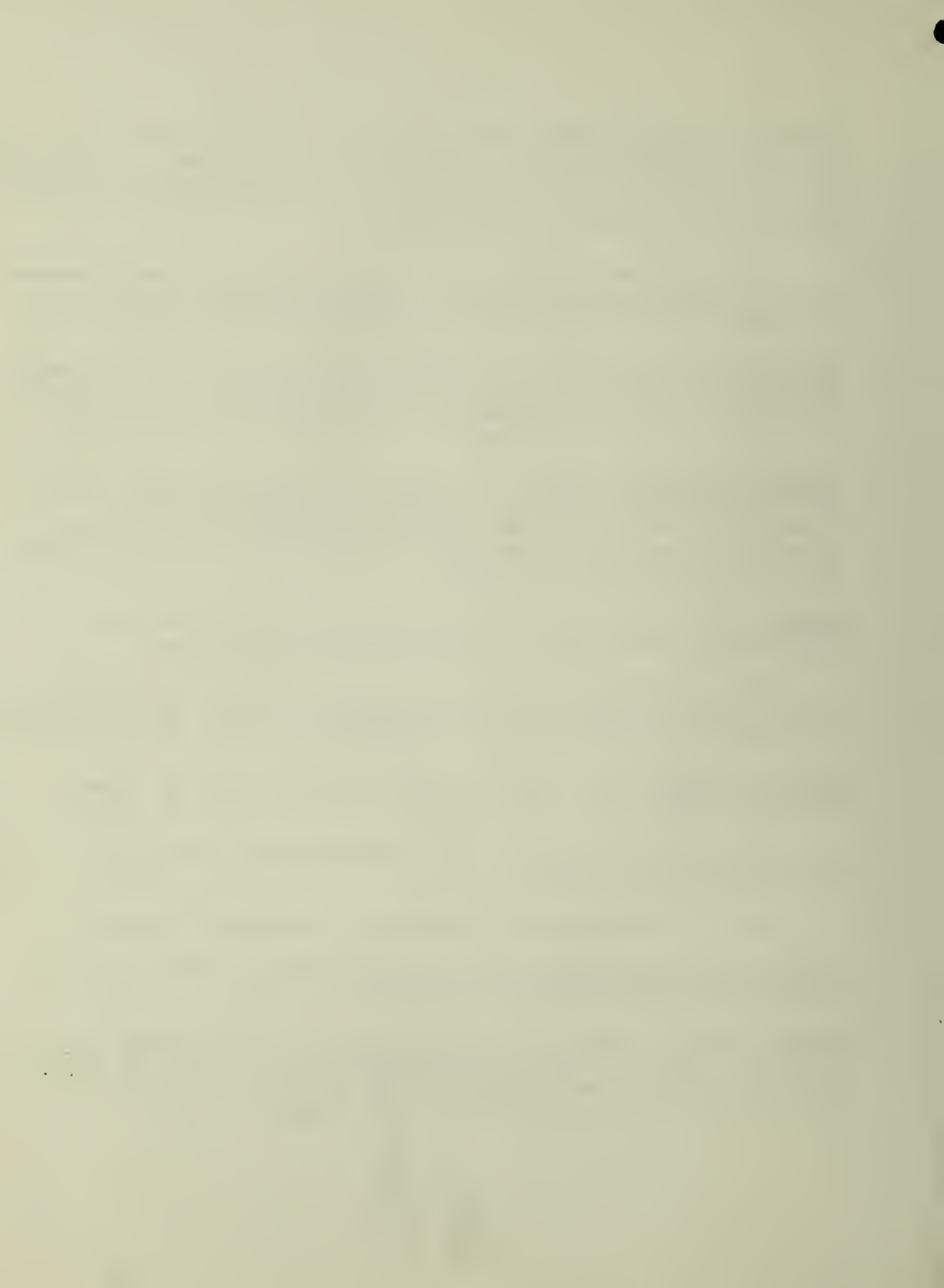
MILK AND DAIRIES: The control of Milk Production is vested in the Ministry of Agriculture and Fisheries.

There is only one licence for a Designated Milk - the milk Marketing Board, Pont Llanio.

There are only four milk distributors as defined in the Act.

FACTORIES ACT, 1937: There are only four bakehouses in the area. The buildings are old and difficult to improve.

RODENT CONTROL: There are no major infestations in the area. The few complaints that were received were immediately dealt with. The Tregaron Refuse Tip which is the main source of trouble was treated three times by prebaiting using sausage rusk and zinc phosphide.



MEAT INSPECTION: There is no Ministry of Food Abattoir at Tregaron.

The transport of meat from the wholesalers meat depot to the retailers shop is by a special designed container placed on a lorry. The question of providing clean caps and overalls to the men handling the meat will have to be taken up with the Depot Manager.

BUILDING LICENCES: Only two licences were issued during the year, one for improvements and repair work to a dwelling house and the other for the erection of a new house.

R. E. PRITCHARD, M.R.S.I., M.S.I.A.,

SANITARY INSPECTOR AND SURVEYOR.

Council Offices,
TREGARON.
Cardiganshire.

